

*home-canning is easy with this*

**B.C.**

**fruit  
preserving  
guide**

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*look for this  
on every box of*



**HALLMARK**  
*fruit you buy*



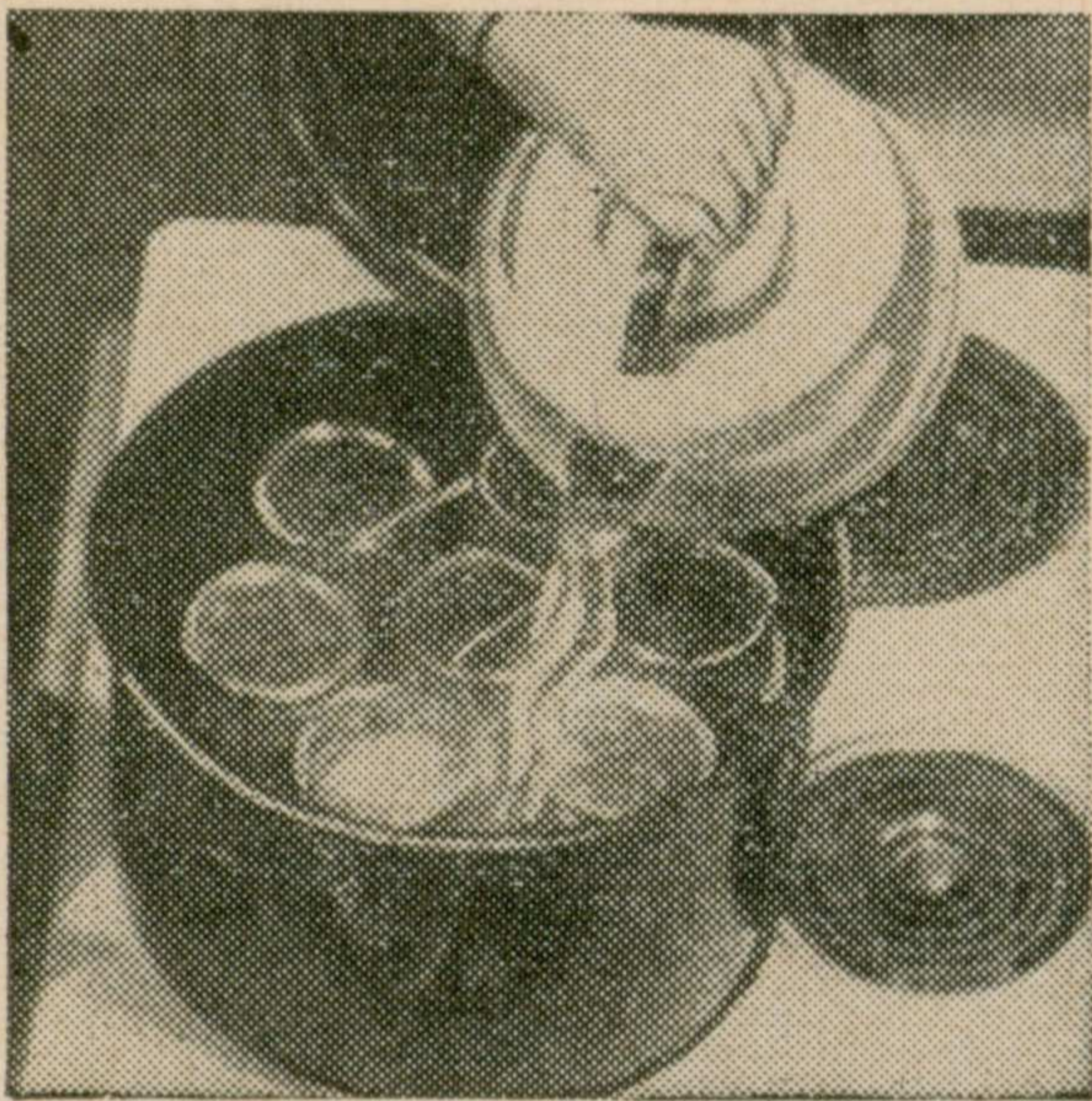
## INTRODUCTION

This Canning and Fruit Recipe Booklet is presented to you with the compliments of the fruit growers of the Okanagan and Kootenay Valleys of British Columbia, to help you with your own home canning, and to show you how easy it really is. It contains, also, several tested recipes which the whole family will enjoy.

Fresh Fruits, in season, are not only nutritious and wholesome, but luscious and refreshing for warm weather desserts and salads, and a special treat just eaten out of hand.

Home preserved fruits are a tasty and enjoyable part of any meal. A well stocked cupboard of preserves will give you almost unlimited mealtime variety and make your menu planning much easier the whole year 'round.

## HOME CANNING



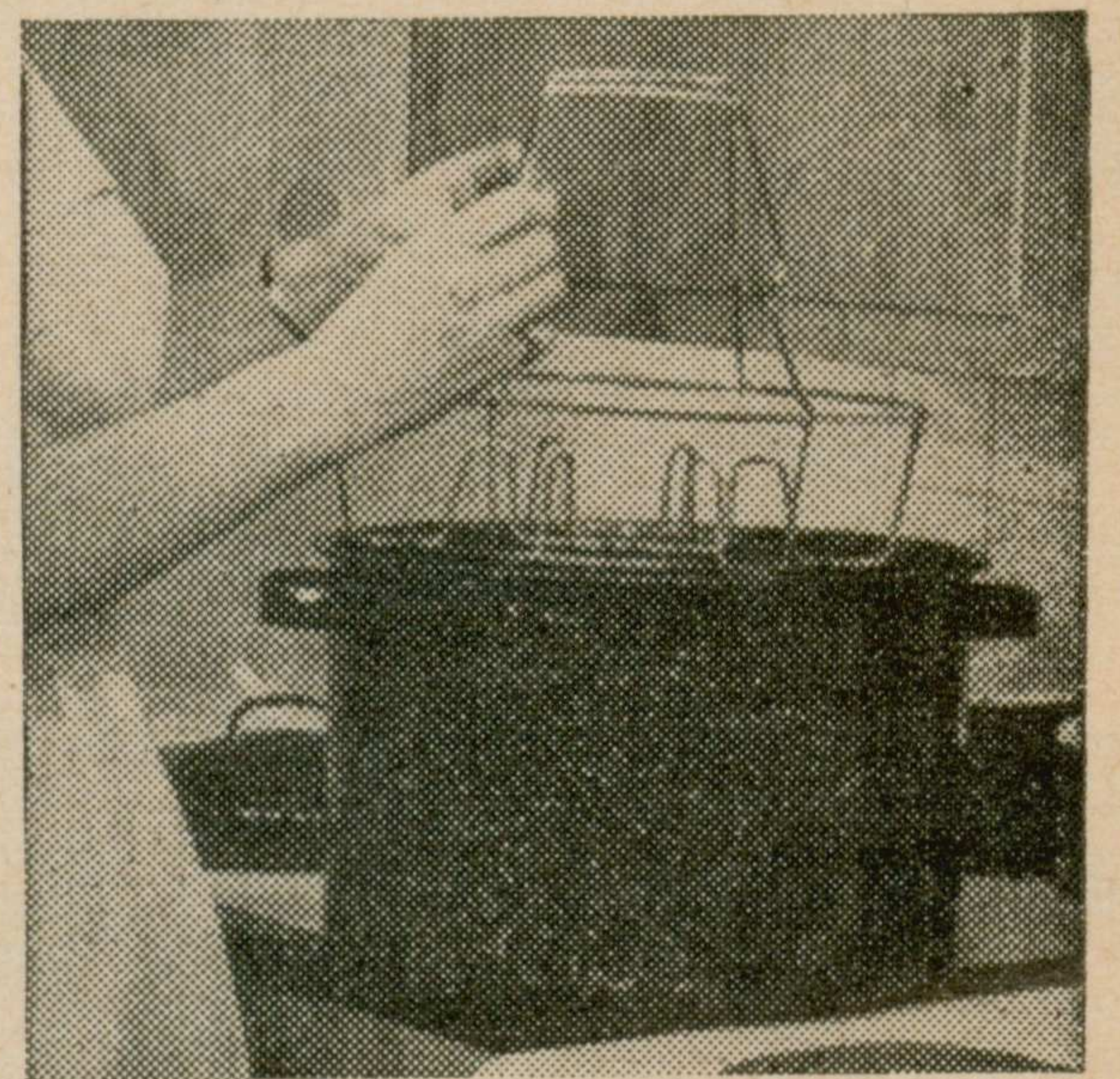
Home canning is an Art, but an easy and most satisfying one, and you'll point with pride to the beautiful preserves you've done yourself. For best results, may we suggest you follow instructions closely.

The keeping of preserved fruit depends upon sufficient processing time at the correct temperature—and airtight containers. All fruits are sterilized at the temperature of boiling water.

We recommend the "**Boiling Water Bath-Cold Pack**" method of home-preserving—as this method will give you the best results with the minimum of equipment and effort.

**Your Preserving Fruit** When buying fruit for preserving, be sure to select good quality—the better the fresh fruit you use, the better will be your results. When you get your fruit home, examine it to see whether it's ready to use or should be held a day or two. Don't be afraid to buy fruit if it is a little on the green side in the stores—Simply hold it at room temperature and your fruit will ripen to perfection, without loss of flavor. Never put fruit in the refrigerator unless it is fully ready to eat. Preserve fruit when it is ripe, but still firm—just the way you'd eat it fresh. For jams and jellies use fruit when it is slightly firmer than for preserving.

**Home Canner** Use a regular canner, or any large kettle that has a cover and is deep enough to allow at least 2 inches of water over your tallest jars. You must have a wire or wooden rack to keep jars from touching the bottom, so the water can circulate under the jars. We suggest you partly fill the canner with hot water to preheat while you are preparing jars.

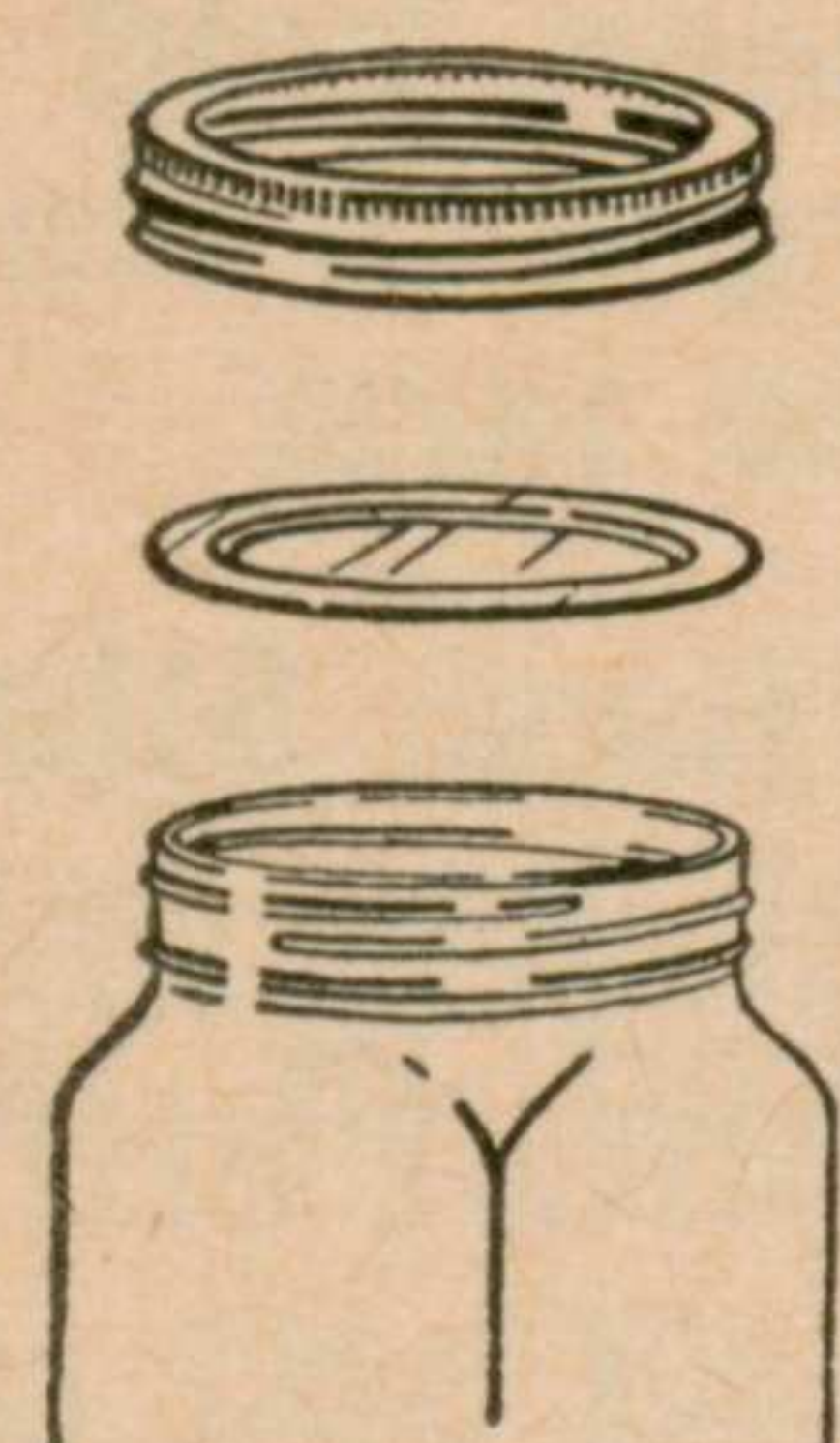


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*Have you tried Apricots poached in their own juice?*



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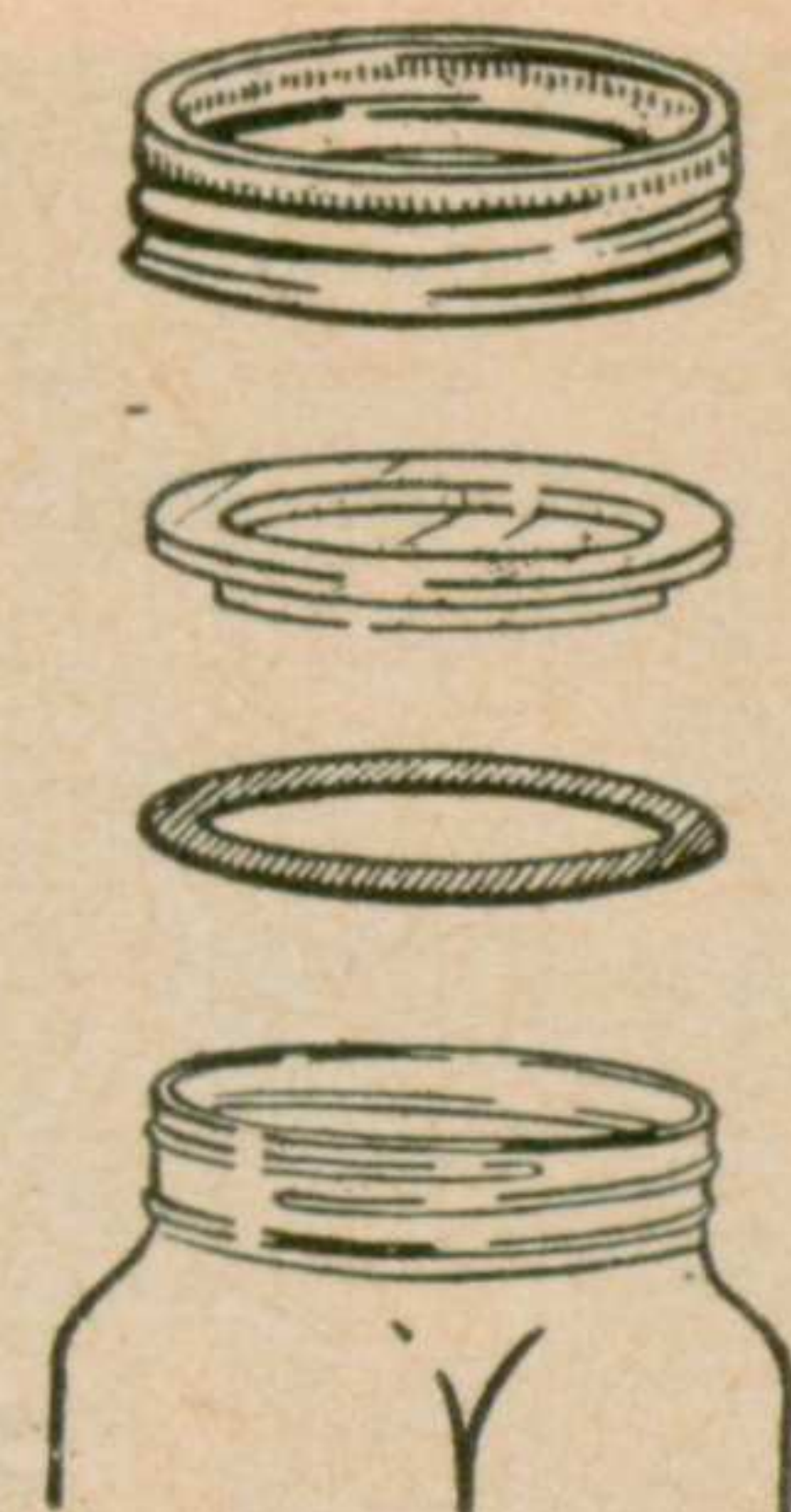


## Glass Jars

There are two main types of glass jars:

1. Those with self-sealing metal tops.
2. Those using a glass top and rubber ring.

Either type is quite satisfactory, but it is very important that you follow manufacturer's instructions.



If you are using jars already on hand, be careful to select the proper tops for your jars. Self-sealing metal tops should not be re-used. Rubber rings are re-usable (if they are in good condition).

Examine your jars carefully—**do not** use any that are cracked or have bad edges.

## Preparation of Jars

Wash jars in hot soapy water. Then scald by rinsing thoroughly in boiling water, and invert on folded tea towel until ready to fill.

## Syrup

Sugar is not a preservative—the syrup is used only to bring out all the fine fruit flavor, and to sweeten the preserves to your taste. Cane sugar and Beet sugar will give equally satisfactory results. A medium syrup is generally preferred for Peaches, Apricots and Prunes, while a light syrup is excellent with Cherries, Pears and Crabapples. Plan on about 1 cup of syrup for each quart of the larger fruits such as Apricots, Peaches, Pears, and Plums.

Sugar	
Light .....	1 cup
Medium .....	1 cup
Heavy .....	1 cup

Water		Syrup Yield
2 cups		2½ cups
1½ cups		2 cups
1 cup		1½ cups

Simply heat sugar and water together until sugar dissolves. Keep the syrup hot but not boiling.

## Canning without Sugar

Fruit can be preserved without sugar if necessary, for special diets. In this case boiling water is used instead of syrup and then the procedure for sealing and processing is the same as for sweetened fruit.

## Preparation of Your Fruit

Do your home canning in easy stages, preparing only sufficient fruit at a time to fill your canner once.

Handle the fruit gently. Cut out any bruised or over-ripe parts. Cut fruit so the pieces are uniform in size for the most even cooking.

Speed is essential in handling the fruit to reduce the danger of spoilage and to assure nicest color and finest flavor.

**CHERRIES:** Wash and stem. They may be pitted or not, as desired.

**APRICOTS:** Wash. Cut in half and remove stones, or preserve whole if desired.

**PEACHES:** Cut in half and remove stones. Scald in boiling water for about ½ minute, then dip in cold water, and slip the skins off. As skins are removed, put peaches in a solution of 2 teaspoons of salt to 1 quart of cold water, to prevent discoloration. Change brine as it discolors. Long standing in brine will give a salty taste. Just before fruit is put into jars, rinse the fruit in cold water.

**PEARS:** Peel, cut in halves or quarters as desired, and core. Put fruit in salt solution (2 teaspoons salt to 1 quart of cold water) to prevent discoloration. Be sure to rinse in cold water just before putting the pears into jars.

**PLUMS:** Wash. Preserve whole if you prefer, or cut them in half and remove the stones. You'll get more plums in your jars if you cut them in half.

**CRABAPPLES:** We recommend the Open Kettle Method. See page 8.

*For added flavor and appeal, place apricot halves around baked custards, rice pudding, or cheese*





**Filling Jars** With fruit that has been held in salt solution, don't forget to rinse it in cold water just before putting into jars.

Pack your prepared fruit in the jars, filling to within  $\frac{3}{4}$ " of the top. Fruit that has been halved or quartered should be packed in jars with cut side down, and overlapping.

When preserving fruit whole, such as with berries, you'll get more in your jars if you gently shake the jar when filling.

Now bring your hot syrup to a boil and carefully pour over the fruit in the jars, filling jars to within  $\frac{1}{2}$ " of the top. Be sure the fruit is covered with the juice. Remove air bubbles by

working table knife blade down the sides of the jar in several places.

**Sealing Jars** Clean the rims of the jars and put on the lids. Seal metal top jars firmly tight.

If you're using glass top jars, fit wet rubber ring on glass lid, put lid on the jar, rubber side down, screw band on almost tight, then turn back a quarter turn.

**Processing** Put jars into canner which you've already partly filled with hot water, being sure jars do not touch. If necessary, add hot water so level of water in the canner is at least 2" over the jar tops, and bring water to a boil. Be sure to keep water level above jar tops during processing.

Start timing when water begins to boil. Keep it gently boiling for the required processing time.

### Processing Time

	<u>quarts</u>	<u>pints</u>
CHERRIES	25 minutes	20 minutes
APRICOTS		
PEACHES		
PLUMS		
PEARS		

These times are for locations with altitudes up to 1500 feet. Above this altitude add 20% to the cooking time for each 1000 feet increase.

**Removing Jars from Canner** At the end of the processing time, remove jars from canner and let them stand in an upright position, a few inches apart, to cool. Be careful not to place jars on cold surfaces or in drafts.

Rings on glass top jars should be tightened down immediately they come from the canner, but this is not necessary with metal top jars.

Let jars cool thoroughly, preferably overnight.

**Test for Seal** To test for seal, invert glass top jars and slowly rotate, watching for leakage or air bubbles.

With metal top jars, simply tap the lids gently with a spoon. A clear ring indicates a good seal. Do not invert metal top jars.

**Storing** Wipe off the jars, label, and store in a cool, dry place.

**Freezing** For free booklet on freezing write to Dept. C, B.C. Tree Fruits Ltd., Kelowna, B.C.

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*Don't forget peaches and cream for that hot weather dessert*



# B. C. PRESERVING FRUITS

The main source of preserving tree fruits for Western Canada Homemakers is the famous Okanagan Valley of British Columbia. This famous Mountain Valley lies between the Monashee Mountains on the East and the great Coastal Range on the West, approximately 165 airline miles East of Vancouver. Here, constant sunshine, fertile soil, a controlled irrigation water supply, and the "know how" of Canada's most up-to-date fruit growers, each do their part in the production of Canada's finest preserving tree fruits.

All B.C. Fruits are Government graded for your protection and satisfaction. All are scientifically picked at correct maturity and properly packed to provide you with fresh fruits of unsurpassed quality.

B.C. fruit takes less time in transit from orchard to your kitchen, so it can be left on the trees until the last possible moment, to get every bit of that natural sugar and sunshine flavor, so essential if you are to have the very best fresh fruit eating . . . the finest preserves.

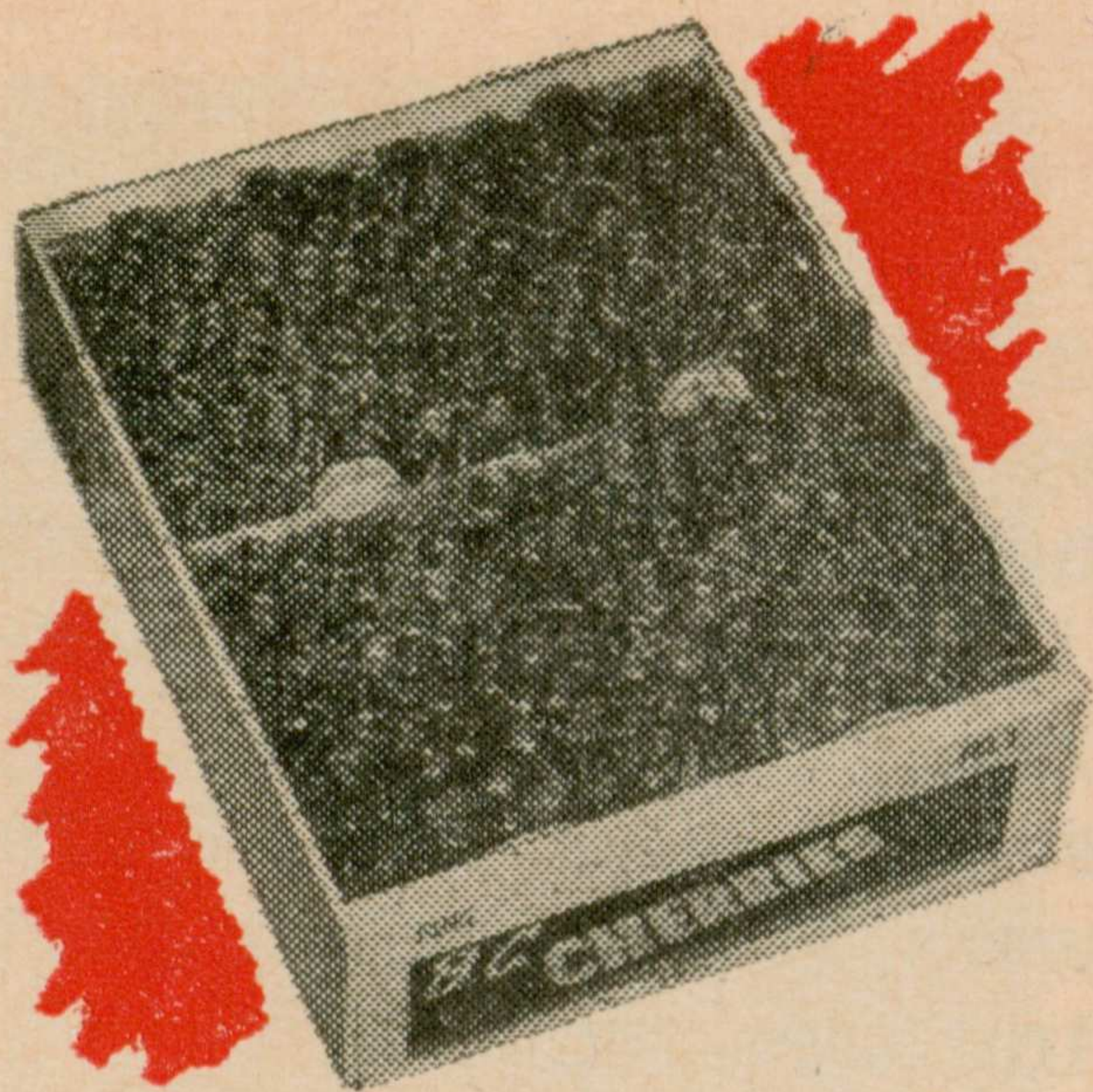
Because B.C. fruit is grown farther north than most, it does not appear on the market quite as early as fruit from farther south, but you'll find that the superior flavor and appearance, and B.C. "peak-of-the-season" preserving prices, will make it well worth your while to watch for, and wait for, B.C. fruit.

The following chart will help you plan the quantity of each kind of preserving fruit to buy:

FRUIT	Average Season (Approximate)	Standard Pack	Approx. Fruit Weight	Approx. Yield cold pack method
<b>CHERRIES</b>	Start July 1 Peak July 15	Lug	20 lbs.	13 qts.
<b>APRICOTS</b>	Start July 20 Peak July 30	Lug	14 lbs.	8-9 qts.
<b>PEACHES</b>	Start Aug. 8 Peak Sept. 1-10	Crate or Cell Pack	16-18 lbs.	8-10 qts.
<b>PLUMS</b>	Start Aug. 5 Peak Aug. 23	Basket	8-9 lbs	4 qts.
<b>PRUNES</b>	Start Sept. 1 Peak Sept. 10	Lug	15 lbs.	8 qts.
<b>PEARS</b>	Start Aug. 25 Peak Sept. 5-15	Junior Box Standard Box	21 lbs. 42 lbs.	10 qts. 20 qts.
<b>CRABAPPLES</b>	Start Aug. 15 Peak Sept. 8	Junior Box Pear Box	21 lbs. 38 lbs.	Pres. 12-13 qts. Jelly 16-19 pts. Pres. 23 qts. Jelly 30-35 pts.

Peaks continue for variable periods.





## **B. C. CHERRIES**

B.C. Cherries are picked and shipped with the stems on. This requires more time and care in picking, but guards against spoilage in transit due to breaks in the skin. Store in a dry, cool place.

**Varieties and Season** Lamberts and Bings are the predominant B.C. varieties shipped to the fresh fruit market. Both are dark red in color and of luscious flavor. July is the cherry month, with Bings arriving first, followed by Lamberts.



## **B. C. APRICOTS**

British Columbia produces the only Apricots grown commercially in Canada and their quality and flavor is unsurpassed.

Keep fully ripened apricots in the refrigerator or a cool, dry place, and use them while they are fresh, ripe and at the peak of their flavor. Apricots which are slightly firm can be ripened by leaving them at room temperature (65°-70°F.).

For fresh fruit eating, and for canning, use apricots when they are firm, ripe and plump, golden yellow in color. For jams and preserves use apricots while they still have a tinge of green. The higher pectin content will give you better and tastier results.

**Varieties and Season** The most common varieties are Moorpark, Perfections, and Kaledens. All varieties of B.C. Apricots are equally good and will give excellent satisfaction.

B.C. Apricots appear on the market usually about July 15th, lasting for about 3 weeks.

## **B. C. PEACHES**

B.C. Peaches are favorites in every part of Canada. Every peach in each box is the same size and quality, and they are really unequalled for flavor. While a little later than imported peaches, B.C. peaches are always worth waiting for. If, when you buy them, they are a little on the firm side, keep at normal room temperature for a few days and they will ripen perfectly. Store ripe peaches in a dry, cool place, preferably dark.

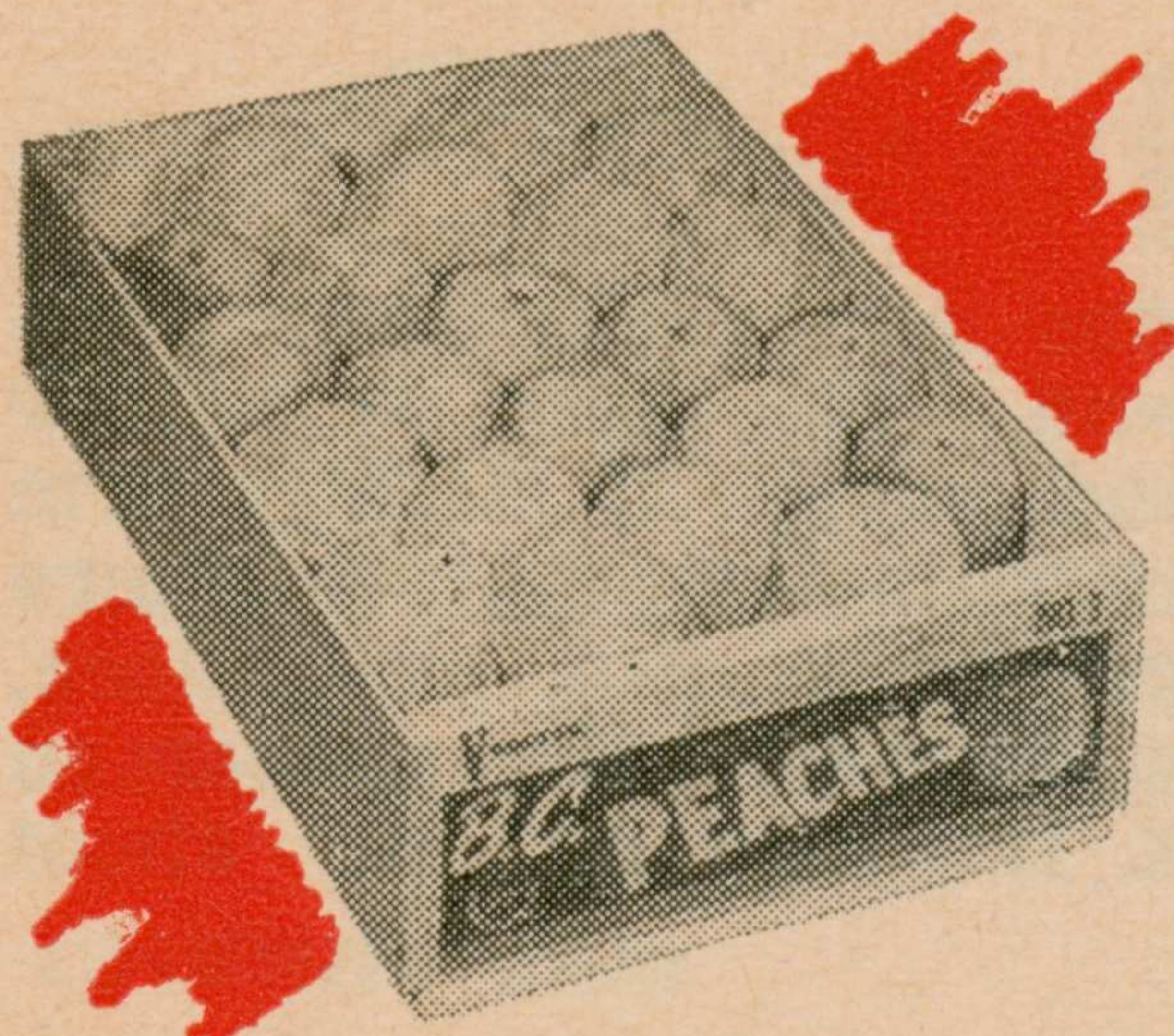
**Varieties and Season** **ROCHESTER**—Rochester peaches are a round, semi-freestone with deep characteristic peach color and very dark red skin. The Rochester is one of the earliest varieties of B.C. peaches to appear, starting about July 25th and lasting for nearly a month. They are gaining steadily in popularity as a canning peach because of their excellent flavor. Cut in quarters rather than halves and the stones are easily removed.

**3V's—VEDETTE, VALIANT, VETERAN**—The V peaches are yellow-fleshed, smooth-skinned freestones, uniformly round in shape. With an excellent flavor, the 3 V's are popular for dessert and are in great demand for canning. Commercial canners prefer 3 V's to all other varieties. Their season usually starts about August 5th.

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*Fresh fruit sundaes are really cool*

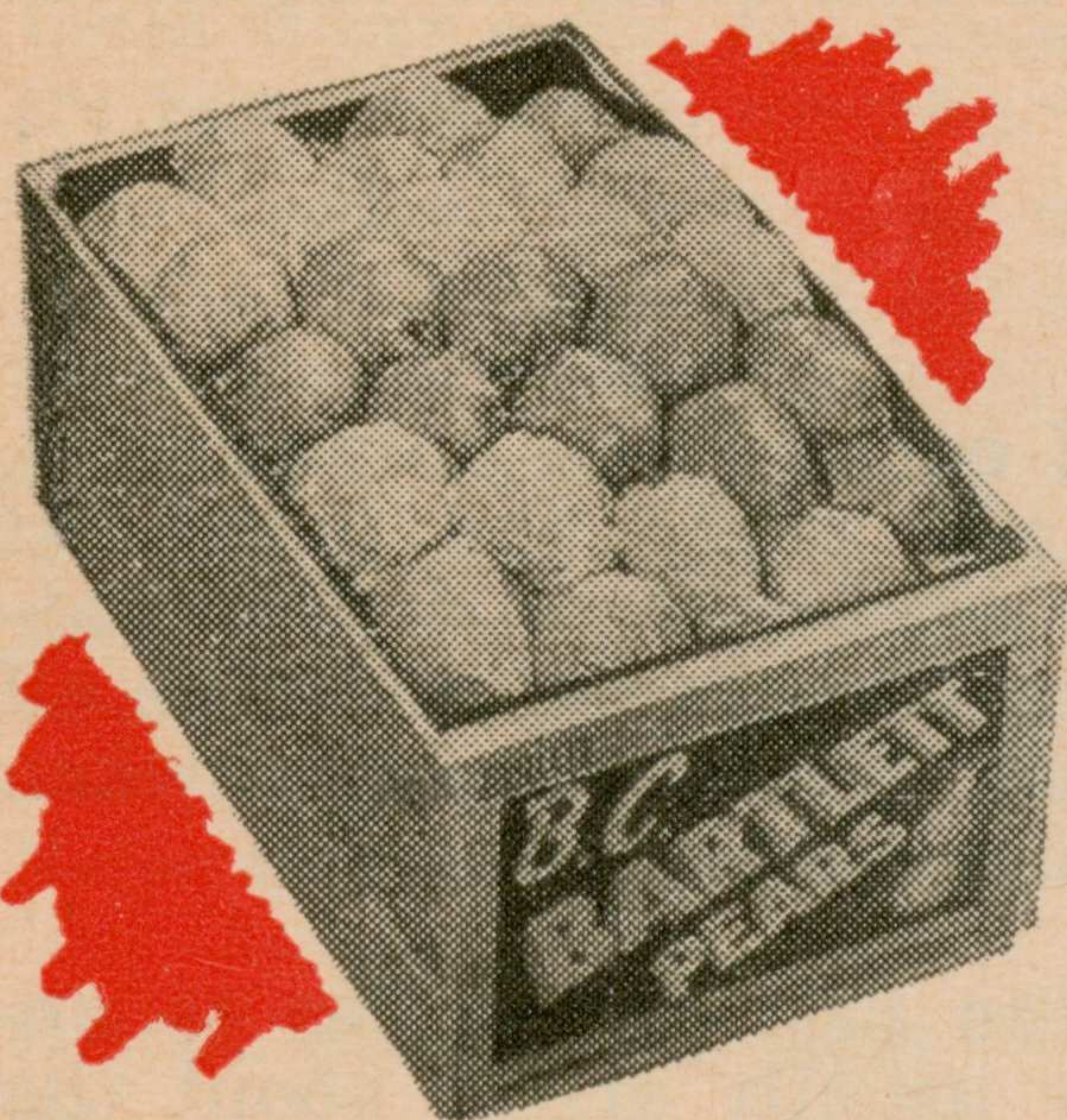




**ELBERTA**—The Elberta also is a yellow-fleshed freestone and as a canning peach is a favorite of long standing. It has a firm flesh and does not bruise easily. Elbertas commence about August 25th and last about 3 weeks to a month.

small and will likely remain so. If you wait for Hales for preserving you might be disappointed in not being able to obtain them.

**J. H. HALE**—The J. H. Hale is one of the best quality freestones produced in B.C. The skin is yellow with red cheeks. The flesh is rich golden yellow. It is a large, firm variety, desirable for both dessert and canning purposes. The slices hold their shape exceptionally well. Their season commences about September 5th. Because it is a low producer, volume of Hales is



## **B. C. PEARS**

No fruits produced in British Columbia require such careful and correct growing and handling as do pears. Constant study with resultant improvement in orchard practices and cold storage handling, coupled with geographical advantages, has made it possible for the Okanagan and Kootenay Valleys of B.C. to produce and market pears of quality unsurpassed anywhere in the world.

If left on the trees to ripen, pears turn soft in the centre and finally drop off. They must be picked while slightly green and stored for a period before they ripen.

If your pears are a little green, store them for a few days at room temperature (65° to 70° F.), preferably wrapped, and they will ripen perfectly. Inspect daily, removing those that are ready for use.

### **Varieties and Season**

**BARTLETTS**—Bartlett Pears are the earliest variety from British Columbia. They are clear yellow when ripe with a faint blush on the exposed cheek, and a smooth textured flesh. B.C. Bartletts are excellent for canning and fresh use. Bartletts usually appear about August 25th, lasting until about September 10th.

**FLEMISH BEAUTY**—Flemish Beauties, which immediately follow Bartletts on the market, have a smooth skin and are short and plump. They have a fine flavor, but are not as fine-grained as the Bartlett. Flemish Beauty pears are excellent for eating as well as canning. They are usually lower in price than Bartletts, making them a real favorite with budget-conscious families.

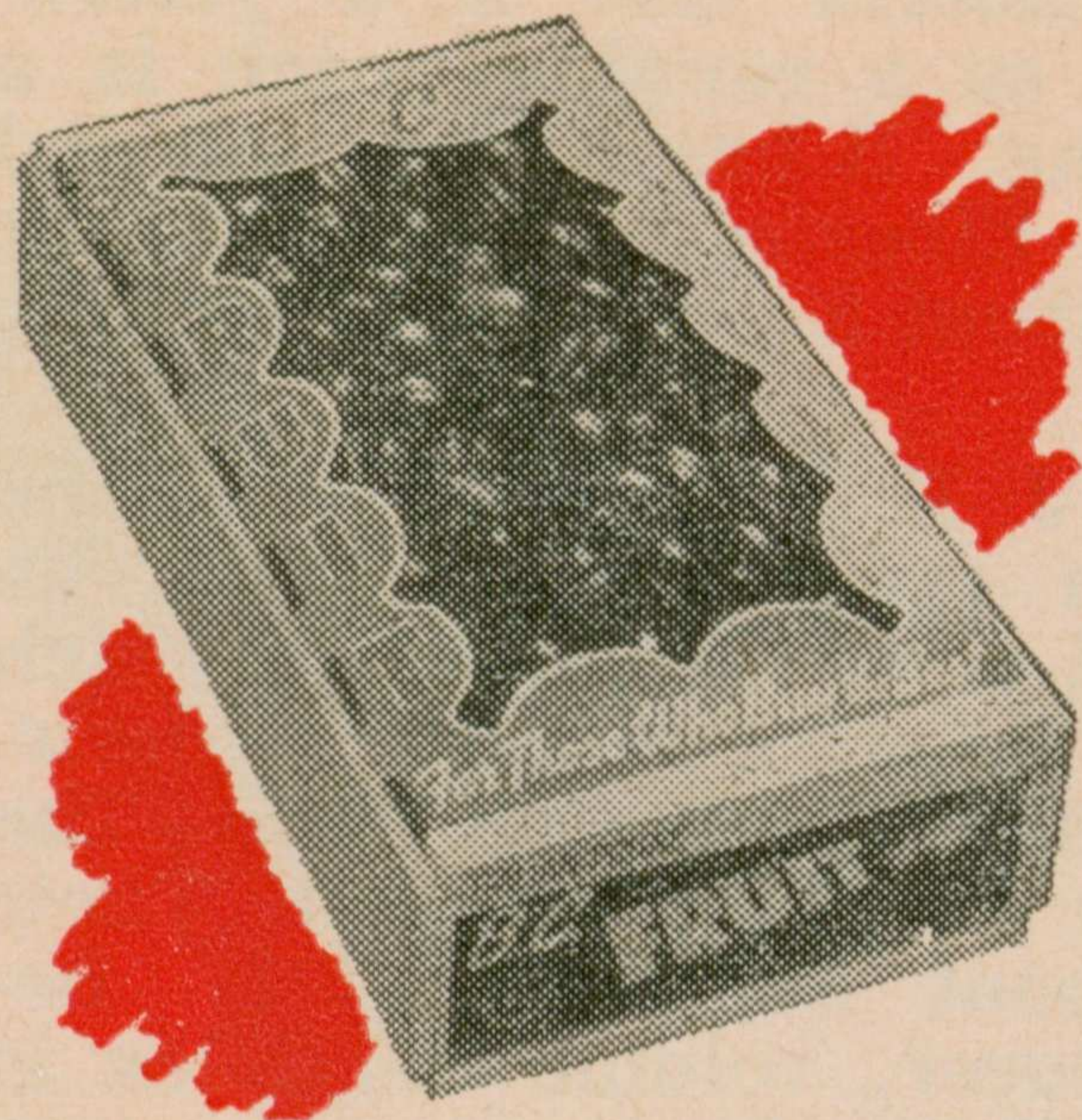
Flemish Beauty season in an average year is from about Sept. 1st to early October.

**D'ANJOU** pears are a distinct type for late fall and winter use, keeping in perfect condition well into the spring in cold storage. Large and uniform, the yellowish white flesh is firm but tender, very juicy and sweet.

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*Good anytime—baked peaches or pears on toast*





## B. C. PRUNES AND PLUMS

B.C. fresh Prune Plums are dark blue, over-coated with white bloom. The flesh is yellow (almost amber), firm and juicy. If slightly firm when received, ripen at room temperature. Store ripe prunes and plums in a cool, dry place, preferably dark. Prune Plums usually appear on the market about Sept. 1st, and last for about one month.

### Other Plums

The early Plum of bright colors, red and yellow-green, are most tasty for eating fresh, but are good for preserving too. Later, such plums as Ponds, Grand Dukes, Greengages and Damsons make exceptionally fine plum sauces and jams, and are excellent for canning. Black Diamond is a late variety and a favorite for eating fresh. Early varieties appear about August 1st, and the various varieties appear in rotation well into September.

## B. C. CRABAPPLES

B.C. Crabapples have a satisfactory pectin and acid content for jelly-making, provided they are not over-ripe. If too ripe, they are mealy and have lost their crispness. Test by pressing with your finger or cutting through the crab-apple with a knife. B.C. Crabapples are excellent for preserving too. Like all other fruits, crabapples keep best in a cool, dry place. If not quite ripe when purchased, crabapples can be ripened at ordinary room temperature.

### Varieties and Season

**TRANSCENDENTS**—are the first crabapples to appear on the market. They usually arrive about the first week in August and are available for approximately three weeks. They are yellow in color and have a pink blush.

**HYSLOPS**—follow Transcendents and normally reach the market about September 5th, being available for approximately 4-6 weeks. Hyslop crabapples have a deep red color with a white bloom and yield a darker colored jelly.

### Canning Crabapples

Crabapples may be canned by the usual Cold-Pack method, but the **OPEN KETTLE METHOD** is recommended. This method allows them to set in their own jelly and results in a most attractive dish.

Don't make the mistake of breaking off the stems. Our grandmothers always preserved them with their "tails on".

### Open Kettle Method

1. Wash and sterilize jars and keep in hot water until ready to fill.
2. Wash fruit. Make a medium syrup, add fruit and let boil slowly until fruit is cooked thoroughly but not mushy.
3. Cook only a small quantity of fruit at a time to retain flavor and shape.
4. Fill and seal only one jar at a time. Fill jar at once according to directions on page 4, remove air by running silver knife around inside of jar, put on sterilized cover and seal at once.
5. The work must be done carefully and quickly as the fruit must be boiling hot when put into the jars.

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*Pickled fruits add zip to meals all year 'round*





# RECIPES



## JAMS

When making Jams or Jellies if you put in a teaspoon or so of butter when boiling the fruit or juice there will be practically no scum.

### CHERRY JAM

1 qt. pitted cherries    ½ cup water  
4 cups granulated    2 tbsp. lemon juice  
sugar    Few drops almond  
Pinch salt    flavoring

Combine pitted cherries, 2 cups of sugar and salt, let stand 2 hours. Combine remaining 2 cups sugar and water, cook to hard ball stage when tested in cold water. Stir frequently to prevent the heavy syrup from scorching.

Add sugared cherries, bring to boil, boil 15 minutes. Add lemon juice, boil 5 minutes. Remove from heat, add flavoring. Skim if necessary. Let stand overnight.

In the morning, pour the cold jam into sterilized jars. When cool, cover with layer of melted paraffin, top with clean lids. Jam may be thin when first made, but will thicken as it stands. Makes about 2 pints.

### PRIZE APRICOT JAM

8 cups quartered    ¾ cup light brown  
apricots    sugar  
4½ cups granulated    Coarsely shredded rind  
sugar    and juice 1 orange  
   ⅛ tsp. salt

Place apricots in heavy kettle along with sugars, orange rind and juice and salt. Bring quickly to boil, stirring until sugar is dissolved. Then cook rapidly until two thick drops of syrup will run together off side of metal spoon, about 40 minutes. Ladle into sterilized jars, seal. Makes about 3 pints.

### APRICOT CONSERVE

1 qt. chopped apricots    Grated rind and juice  
1 cup crushed pineapple    1 lemon  
Grated rind and juice    Dash salt  
2 oranges    Sugar to measure

Combine apricots, pineapple with juice, rinds and juice of oranges and lemon, and salt in heavy kettle. Cook 20 minutes, stirring occasionally. Measure pulp and add ¾ cup sugar for each cup of fruit.

Stir until sugar is dissolved, then cook rapidly until consistency is right for jam, about 20 minutes. Ladle into sterilized jars, seal. Makes about 3 pints.

### PEACH APPLE JAM

Yield: About 11 Medium Glasses (5½ lbs. jam)

5 cups prepared fruit    ⅓ cup lemon juice  
   (about 1½ lbs. ripe    (2 or 3 lemons)  
   apples and 2½ lbs.    6½ cups (2¾ lbs.)  
   ripe peaches)    sugar  
1 tsp. grated lemon    1 box Certo Crystals  
rind    fruit pectin

First, prepare the fruit. Peel and core about 1½ lbs. fully ripe tart apples. Chop fine. Peel and pit about 2½ lbs. fully ripe peaches. Chop fine. Combine fruits and measure 5 cups into a very large saucepan. Grate the rind from 1 medium-sized lemon, measure 1 teaspoon, and add to fruit. Squeeze the juice from 2 or 3 lemons. Measure ⅓ cup into saucepan with fruit.

Then make the jam. Measure sugar and set aside. Add Certo Crystals to fruit in saucepan and mix well. Place over high heat and stir until mixture comes to a hard boil. At once stir in sugar. Bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat. Skim off foam with metal spoon. Then stir and skim by turns for 5 minutes to cool slightly, to prevent floating fruit. Ladle quickly into glasses. Cover at once with ⅛ inch hot paraffin.

### PEACH JAM

6 cups peeled, sliced    3 cups granulated  
peaches    sugar  
   1 tbsp. lemon juice

Combine all ingredients, let stand 1 hour. Cook slowly until sugar is all dissolved, stirring constantly, then cook rapidly until a jam consistency.

Turn into hot, clean jars. When cool, cover with layer of melted paraffin, top with clean lids.

### PEAR MARMALADE

4 lbs. pears    Juice of 2 lemons  
6 cups sugar    1 oz. dry ginger root

Peel, core and dice pears. There should be about 8 cups of diced fruit. Combine with sugar, sprinkle with lemon juice. Add ginger root tied in cheesecloth. Let stand 2 or 3 hours.

Bring slowly to boil, stirring until all sugar is dissolved; then cook rapidly until thickened and clear.

*Try preserved peaches or pears with your meat course*



## PEAR AND PINEAPPLE JAM

(Using Canned Pineapple)

Yield: About 11 Medium Glasses (5½ lbs. jam)

4 cups prepared fruit    ½ cup lemon juice  
(about 2 lbs. ripe        (4 lemons)  
pears and 1 cup        6½ cups (2¾ lbs.)  
canned crushed        sugar  
pineapple)               ½ bottle Certo fruit  
1 tbsp. lemon rind        pectin

First, prepare the fruit. Peel and core about 2 lbs. fully ripe pears. Chop very fine or grind. Add 1 cup canned crushed pineapple and mix well. Measure 4 cups fruit into a very large saucepan. Grate the rind and squeeze the juice from 4 medium-sized lemons. Measure 1 tbsp. rind and ½ cup juice into saucepan with fruit.

Then make the jam. Add sugar to fruit in saucepan and mix well. Place over high heat, bring to a full rolling boil, and boil hard 1 minute, stirring constantly. Remove from heat and at once stir in Certo. Skim off foam with metal spoon. Then stir and skim by turns for 5 minutes to cool slightly, to prevent floating fruit. Ladle quickly into glasses. Cover jam at once with ⅛ inch hot paraffin.

## SPICED PLUM JAM

Yield: about 14 medium glasses (7 lbs. jam)

6 cups prepared fruit    8 cups (3½ lbs.)  
(about 4 lbs.                sugar  
ripe plums)                1 box Certo Crystals  
1 tsp. cinnamon           fruit pectin

First, prepare the fruit. Pit (do not peel) about 4 pounds fully ripe plums. Cut in small pieces and chop. Add ½ cup water; bring to a boil and simmer, covered, 5 minutes. Measure 6 cups into a very large saucepan. Add 1 teaspoon cinnamon.

Then make the jam. Measure sugar and set aside. Add Certo Crystals to fruit in saucepan and mix well. Place over high heat and stir until mixture comes to a hard boil. At once stir in sugar. Bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat and skim off foam with metal spoon. Then stir and skim by turns for 5 minutes to cool slightly, to prevent floating fruit. Ladle quickly into glasses. Cover jam at once with ⅛ inch hot paraffin.

## PLUM MEDLEY

3 lbs. prune plums        Dash salt  
Juice 1 lemon             1 cup crushed pineapple  
Shredded rind and        5 cups granulated  
juice 1 orange             sugar

Cut pitted plums in coarse pieces. Place in kettle along with lemon and orange juice and salt. Cook about 15 to 20 minutes. Add undrained pineapple, orange rind and sugar. Stir until sugar is dissolved, then cook rapidly until two thick drops of syrup will run together off side of cold metal spoon, about 30 minutes.

Ladle into sterilized jars. When cool, cover with melted paraffin, seal.

# JELLIES

To produce a good jelly, the right proportion of acid, pectin and sugar must be present. Fruits vary in the amounts of pectin and acid they contain. Fruits that are rich in both pectin and acid are crabapples, green apples, cranberries, currants, gooseberries, sour plums, grapes. Fruits rich in pectin, but low in acid are quince and sweet apples. Fruits low in pectin but rich in acid are sour cherries, rhubarb, raspberries and loganberries. The fruits that are low in both pectin and acid are peaches, pears, apricots and blueberries. Therefore a combination of fruits are often needed to give the best jelly.

The following juices or combination of juices are particularly good for making jelly. The approximate quantity of sugar to juice is also given.

Fruit juices and combination	Amount of Sugar to 1 cup juice
Apple .....	⅔ to ¾ cup
Crabapple .....	⅔ to ¾ cup
Grape .....	¾ to 1 cup
Blueberry ½, Apple ½ .....	¾ cup
Cherry ½, Apple ½ .....	⅔ cup
Peach ½, Apple ½ .....	⅔ cup
Plum ¼, Crabapple ¾ .....	1 cup

Fruits should be fresh, using about equal parts of ripe and slightly under-ripe fruit. Wash thoroughly, discarding any damaged spots. Cut larger fruits into pieces.

For juicy fruits add only enough cold water to keep the fruit from sticking, but for fruits such as apples and crabapples add enough water to barely cover.

Simmer fruit and water in a covered kettle just until fruit is soft and mushy, crushing during cooking.

After the juice is extracted, work only with quantities of from 6 to 8 cups of juice at one time.

Measure each lot of juice accurately and set aside the required amount of sugar.

Boil juice, uncovered, in a broad saucepan for approximately 3 minutes. At this point the juice should be rich and fairly concentrated, if it is not, continue boiling for several minutes longer.

Add the measured sugar and boil briskly until the jelly test is reached—about 3 to 5 minutes.

## CRABAPPLE JELLY

Cut washed and stemmed crabapples into

*The whole family will enjoy fresh fruits at summer picnics*



rough pieces. Add cold water barely to cover, simmer covered until fruit is soft, about 15 to 20 minutes. Drain through moistened jelly bag.

Measure juice and set aside  $\frac{3}{4}$  cup sugar for each cup juice. Boil juice uncovered about 3 to 5 minutes. Gradually add sugar, stirring until sugar is dissolved. Boil rapidly until two thick drops of syrup will run together and sheet off metal spoon.

Remove from heat, let stand 1 minute, skim. Pour into sterilized glasses. When cool, cover with layer of melted paraffin, top with clean lids.

### PEACH AND PLUM JELLY

Yield: About 11 medium glasses ( $5\frac{1}{2}$  lbs. jelly)  
 $3\frac{1}{2}$  cups juice (about  $\frac{1}{4}$  cup lemon juice (2  
 2 lbs. ripe peaches lemons)  
 and  $1\frac{1}{2}$  lbs. ripe 7 cups (3 lbs.) sugar  
 plums) 1 bottle Certo fruit  
 pectin

First, prepare the juice. Pit (do not peel) about 2 pounds fully ripe soft peaches. Crush thoroughly. Crush (do not peel or pit) about  $1\frac{1}{2}$  pounds fully ripe plums. Combine fruits. Add  $\frac{1}{4}$  cup water; bring to a boil and simmer, covered, 10 minutes. Place in jelly cloth or bag and squeeze out juice. Measure  $3\frac{1}{2}$  cups into a very large saucepan. Squeeze and strain the juice from 2 medium-sized lemons. Measure  $\frac{1}{4}$  cup into saucepan with peach and plum juice.

Then make the jelly. Add sugar to juices in saucepan and mix well. Place over high heat and bring to a boil, stirring constantly. At once stir in Certo. Then bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat, skim off foam with metal spoon, and pour quickly into glasses. Cover jelly at once with  $\frac{1}{8}$  inch hot paraffin.

## PICKLES

### CHERRY OLIVES

6 cups vinegar 5 tbsp. salt  
 4 cups water Mixed Pickling  
 $3\frac{1}{2}$  cups sugar spice

Use mature sweet cherries; pack unpitted and with stems attached in sterilized jars. It is advisable to use jars with glass tops. Do not pack too tightly.

Mix vinegar, water, sugar, salt and heat to just under boiling point in covered enamel pan. Pour hot vinegar mixture over the fruit in jars. Add  $\frac{1}{2}$  teaspoon mixed pickling spice per pint. Seal. Store in cool place.

Allow at least one month to cure. Yield 9 to 10 pints.

### PICKLED APRICOTS

6 lbs. apricots 1 tbsp. whole allspice  
 6 cups sugar  $\frac{1}{2}$  stick cinnamon  
 2 cups vinegar  $\frac{1}{8}$  tsp. cayenne pepper  
 1 tbsp. whole cloves 1 tbsp. mustard seed

Choose firm, small apricots, wash and drain them well. Combine sugar and vinegar in preserving kettle, add spices tied loosely in a spice bag. Bring to boil, stir until sugar is dissolved.

Add the apricots 12 to 15 at a time, cook gently until barely tender, but not soft. Place apricots in hot sterilized jars. Fill jars with boiling syrup and seal at once. Makes about 5 pints.

### PEACH CHILI

3 peaches, peeled 2 cups vinegar  
 3 pears, peeled  $2\frac{1}{4}$  teaspoons ground  
 3 onions, peeled allspice  
 $1\frac{1}{2}$  large green peppers  $1\frac{1}{2}$  teaspoons salt  
 15 ripe tomatoes 1 clove garlic, if  
 $1\frac{1}{2}$  cups sugar desired

Cut peaches, pears, onion and tomatoes into small pieces. Remove seeds from peppers then chop. Peel and chop onion and garlic.

Combine fruits and vegetables. Add sugar, vinegar, spice and salt. Cook slowly until thick, about 2 hours. Seal in sterilized jars.

### PEACH CHUTNEY

4 lbs. peaches, peeled 1 to 2 tbsp. chili powder  
 and sliced 1 tbsp. mustard seed  
 1 cup seedless raisins 2 lbs. brown sugar  
 2 cloves garlic, minced 1 tsp. curry powder  
 $\frac{1}{2}$  cup chopped onion 4 tbsp. mixed pickling  
 $\frac{2}{3}$  cup chopped spice  
 preserved ginger 4 cups cider vinegar

Place all ingredients in large, heavy kettle (mixed spices in cheesecloth bag). Cover pan and let stand overnight. Bring to boil and cook, uncovered, until chutney is of desired consistency. Stir frequently to prevent scorching. Remove spice bag and ladle chutney into jars, seal. This chutney closely resembles imported Indian chutneys and is particularly good with all curry dishes.

### PRUNE PLUM RELISH

3 cups light brown 1 green pepper, diced  
 sugar  $\frac{1}{4}$  tsp. ginger  
 2 cups cider vinegar  $\frac{1}{4}$  tsp. cloves  
 1 tbsp. salt  $\frac{1}{4}$  tsp. allspice  
 3 lbs. prune plums,  $\frac{1}{4}$  tsp. cinnamon  
 pitted and chopped  $\frac{1}{2}$  tsp. chili powder  
 2 cups coarsely cut  $\frac{1}{2}$  cup raisins or  
 onion currants, rinsed  
 2 cloves garlic, minced and drained

Combine sugar, vinegar and salt in kettle, boil 3 minutes. Add remaining ingredients, simmer until fairly thick, about  $1\frac{1}{2}$  hours. Ladle into sterilized jars, seal.

*Serve fresh fruit shortcakes often in season*



## **PICKLED PEACHES, PEARS, APPLES OR CRABAPPLES**

About 9 lbs. of fruit	1 cup water
3 lbs. sugar	2 ozs. whole stick cinnamon
3 cups white vinegar	2 ozs. whole cloves

Prepare fruit as desired and it is always best to have fruits on the firm side. Never over-ripe. Tie all spices in a cheesecloth bag. Add to vinegar, sugar and water, and stir until sugar is perfectly dissolved. Then bring to a quick boil and boil steadily for 5 minutes.

Drop the fruit in, a small quantity at a time, and cook gently until tender, but not soft. Remove to clean, hot, sterilized jars and seal.

## **PLUM CHUTNEY**

3 lbs. prune plums	2 tsp. salt
1 lb. green apples	$\frac{1}{4}$ tsp. cayenne
1 large onion	1 tbsp. mixed pickling spice
1 oz. preserved ginger	
2 cups sugar	2 cups vinegar

Cut stoned plums into small pieces, peel and chop apples and onions. Chop ginger fine, tie spices in cheesecloth bag. Combine all ingredients in large saucepan.

Place over low heat, cook slowly until chutney is of good consistency, about 2 to 2½ hours. Turn into hot, sterilized jars, seal firmly tight.

## **FRESH FRUIT SALADS**

Fruit salads offer the homemaker a wonderful opportunity to make meals more interesting and colorful, and they are, of course, nutritious and healthful. Either fresh or preserved fruit can be used in many tasty combinations. Choose fruit that is firm but ripe, then let your imagination go to create a salad that is attractive and tempting.

The simplest and most basic fresh fruit salads consist of placing apricot, peach or pear halves in a lettuce cup or on salad greens, then putting a mound of your favorite filling in the hollow of the fruit, and serving with a dressing where required. You can easily provide your own additions and variations for extra appeal.

### **DRESSINGS:**

Tangy dressings, such as the french dressings and sour cream dressings, are usually preferred for fruit salads. Here are two different and interesting dressings you'll enjoy:

#### **Pink Mayonnaise**

Beat 2 tablespoons currant jelly with fork, add to  $\frac{1}{2}$  cup mayonnaise. Fold in  $\frac{1}{2}$  cup heavy cream, whipped.

#### **Fruit Dressing**

Measure into jar  $\frac{1}{4}$  cup lemon juice,  $\frac{1}{2}$  cup salad oil,  $\frac{1}{4}$  cup maraschino or plum juice, 2 tablespoons sugar,  $\frac{1}{2}$  teaspoon salt and  $\frac{1}{2}$  teaspoon paprika. Cover tightly, shake well and chill several hours. If desired, beat in small amount soft cream cheese.

### **APRICOT SALAD**

Wash, halve and pit fresh apricots. Arrange crisp lettuce on salad plates with pineapple ring in centre. Mound  $\frac{1}{2}$  cup cottage cheese on pineapple, circle with apricot halves. Garnish with maraschino cherry and serve with French dressing.

### **PEAR AND COTTAGE CHEESE**

Combine  $\frac{1}{2}$  cup drained crushed pineapple with 2 cups cottage cheese, season to taste. Arrange mounds on salad greens. Surround with fresh peach or pear halves, apricot halves and scored banana slices. Garnish with fresh cherries or grapes.

### **B.C. SPECIAL**

For each serving, slice fresh pear or peach on bed of watercress, flank with finger sandwiches filled with chicken and celery salad. Around these arrange celery sticks filled with cream cheese and chopped nuts. Garnish with cherries or grapes.

### **PEACH-PEAR SALAD**

For each serving place 2 peach halves and 2 pear halves, cut sides up, on lettuce on salad plate. Fill centre of each peach half with drained crushed pineapple. Arrange 4 cherries on each pear half. Add a wedge of cheese. Serve with mayonnaise to which a little beaten currant jelly has been added.

### **RIVIERA SALAD**

On chop plate arrange lettuce cup for each serving. In each, place a pineapple and orange slice. Within this circle arrange a fresh peach half filled with pitted cherries. Place cantaloupe sticks between portions. Serve with mayonnaise.

### **FRUIT SALAD FLATTER**

Mold pineapple chunks in lemon jelly, set in individual molds. Unmold in centre of salad greens on salad plate. Arrange pear halves around mold, fill centres with cheese and nut balls. Garnish with peach slices separated by green pepper ring.

*Fresh fruit juices "hit the spot" on warm evenings*



# Favorite Fruit Recipes

## CHERRY CRUNCH

16 graham wafers	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup light brown sugar	$1\frac{1}{2}$ cups water
$\frac{1}{4}$ teaspoon nutmeg	2 cups pitted sweet cherries
$\frac{1}{2}$ cup melted butter	Few drops almond flavoring
2 tablespoons cornstarch	
$\frac{1}{3}$ cup sugar	

Crush graham wafers into fine crumbs, mix with brown sugar, nutmeg and butter. Combine starch, sugar and salt. Add water slowly. Bring slowly to boil, stirring constantly. Add cherries, cook until thickened. Remove from heat, add flavoring.

Place half of crumb mixture in bottom of 10 by 7-inch pan. Pour in cherry mixture. Top with remaining crumbs. Bake in 325°F. oven 30 to 35 minutes.

## CHERRY ICE CREAM

2 cups chopped Bing cherries	1 teaspoon vanilla
1 cup heavy cream	$\frac{1}{2}$ teaspoon almond flavoring
$1\frac{1}{2}$ cups milk	$\frac{1}{2}$ cup sugar
2 eggs	$\frac{1}{2}$ teaspoon salt

Pit cherries, chop coarsely. Beat eggs until lemon colored. Add sugar gradually, continue beating until thick. Add salt and milk. Pour into freezing tray and freeze at coldest setting until firm. Remove to chilled bowl. Add flavorings, beat until light. Fold in whipped cream and cherries. Return to freezer to finish freezing.

## CHERRY TOPPING

1 lb. dark sweet cherries	1 tablespoon lemon juice
$\frac{1}{2}$ cup sugar	Dash salt

Pit and chop cherries. Mix with sugar in saucepan. Heat until juice is extracted from cherries, about 5 minutes. Add lemon juice and salt. Remove from heat, chill. Serve over vanilla ice cream.

## APRICOT PIE

$\frac{3}{4}$ cup granulated sugar	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup light brown sugar	$\frac{1}{4}$ teaspoon nutmeg
3 tablespoons corn starch	$\frac{1}{4}$ cup water
	5 cups sliced apricots
	1 tablespoon butter
	1 to 2 teaspoons lemon juice

Combine sugars, starch, salt and nutmeg in saucepan. Add water and apricots, bring to boil, boil 1 minute, stirring gently. Add butter and lemon juice, cool. Fill pastry lined pan, cover with lattice strips or top crust. Bake in 425° F. oven for 40 to 45 minutes.

## APRICOT BAVARIAN CREAM

1 tbsp. plain gelatin	$\frac{1}{2}$ cup granulated sugar
2 tbsps. cold water	
$1\frac{1}{2}$ cups finely chopped apricots	$\frac{1}{8}$ teaspoon salt
2 tbsps. lemon juice	1 cup heavy cream, whipped

Soften gelatin in cold water. Place over boiling water, stir until dissolved. Add crushed apricots, lemon juice, sugar and salt. Cool. When almost set, fold in whipped cream. Turn into one large mold or individual mold. Chill until firm.

## APRICOT CHIFFON PIE

$\frac{1}{2}$ tsp. salt	$\frac{1}{4}$ cup cold water
1 tbsp. lemon juice	2 cups chopped fresh apricots
2 tbsps. granulated sugar	$\frac{1}{2}$ cup water
$\frac{1}{2}$ cup heavy cream	2 eggs, separated
8-inch baked pie shell	1 cup granulated sugar
1 tbsp. plain gelatin	

Soften gelatin in water. Cook apricots and water until mushy, force through sieve. Combine slightly-beaten egg yolks, 1 cup sugar, salt, apricot pulp and lemon juice. Cook over low heat until thick, stirring constantly. Add gelatin, stir until dissolved. Cool until beginning to set.

Beat egg whites until foamy, gradually add sugar to make meringue. Fold into apricot mixture. Pile into pie shell, chill until firm. Top with whipped cream for serving.

## FRESH FRUIT COBBLER

$\frac{2}{3}$ to 1 cup granulated sugar	$\frac{1}{2}$ tsp. cinnamon
1 tbsp. cornstarch	2 cups sifted all-purpose flour
1 cup boiling water	2 tbsps. sugar
3 cups sliced fresh peaches, apricots or plums or whole pitted cherries	3 tbsps. baking powder
	1 tsp. salt
	6 tbsps. shortening
	$\frac{1}{2}$ cup milk
1 tbsp. butter	

Combine sugar and cornstarch in saucepan, add boiling water, bring to boil, boil 1 minute. Add fruit. Pour into greased 8-inch square baking pan. Dot with butter, sprinkle with cinnamon. If using cherries, sprinkle with about  $\frac{1}{4}$  teaspoon almond flavoring. If peaches, apricots or cherries lack tartness, sprinkle with a teaspoon or two of lemon juice.

Combine remaining ingredients as for biscuit dough, drop by spoonfuls onto fruit. Bake in hot oven 400° F. about 30 minutes.

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*Roast fowl tastes better with grape or crabapple jelly*



### PEACH OR APRICOT SHORTCAKE

2 cups sifted all-purpose flour	$\frac{1}{2}$ cup butter or shortening
3 teaspoons baking powder	1 egg, slightly beaten
$\frac{3}{4}$ teaspoon salt	$\frac{1}{3}$ to $\frac{1}{2}$ cup milk
3 tablespoons granulated sugar	4 cups sweetened, sliced peaches or apricots

Sift together flour, baking powder, salt and sugar. Cut in shortening until mixture resembles coarse meal. Add egg and enough milk to make a soft dough that can be easily handled.

Turn dough out onto lightly-floured board, roll or pat dough  $\frac{1}{2}$  inch thick, cut into 2 or 3 inch rounds. Arrange 1 inch apart on lightly-greased baking sheet. Bake in hot oven 450° F. for 12 to 15 minutes, or until done.

To serve, split hot biscuits, spread generously with butter. Place bottom halves on individual dessert plates, spoon some of the sweetened fruit over each serving, cover with top halves and remaining fruit. Serve with whipped cream. Makes 6 to 8 servings.

### FRESH PEACH PIE

Pastry for 2 crust pie	$\frac{1}{8}$ teaspoon salt
4 cups sliced fresh peaches	$\frac{1}{4}$ teaspoon cinnamon
1 cup granulated sugar	2 teaspoons lemon juice
4 tablespoons flour	1 tablespoon butter

Sift together sugar, flour, cinnamon and salt, mix lightly through peaches. Sprinkle with lemon juice, dot with butter.

Line 9-inch pie pan with pastry, fill with peach mixture. Cover with lattice strips or top crust, sealing edges well. Bake in hot oven 425° F. for 35 to 40 minutes or until done.

### PEACH MELBA

6 fresh peach halves	$\frac{1}{2}$ cup currant jelly
6 scoops vanilla ice cream	1 $\frac{1}{2}$ tsps. cornstarch
1 package frozen raspberries	1 tablespoon water

Place peach half cut side up in dessert or sherbert dishes. Fill cavity with scoop of ice cream. Pour chilled sauce over each.

To make sauce, cook crushed raspberries with currant jelly and cornstarch and water paste until slightly thickened. Strain and chill.

### CRUMBLE PEACH PIE

1 unbaked 9-inch pie shell	2 tablespoons lemon juice
4 cups sliced fresh peaches	$\frac{1}{2}$ tsp. cinnamon
1 cup granulated sugar	$\frac{1}{2}$ cup butter or margarine
$\frac{1}{4}$ cup sifted all-purpose flour	$\frac{3}{4}$ cup sifted all-purpose flour
Pinch salt	$\frac{1}{2}$ cup brown sugar

Combine sliced peaches, sugar, flour, salt, lemon juice and cinnamon. Arrange in pastry

shell. Cream butter or margarine with brown sugar and flour. Sprinkle thickly over filling.

Bake in hot oven (450° F.) for 10 minutes, then in moderate oven (350° F.) for 30 minutes longer. Best served warm.

### PEACH CRISP

6 medium-sized peaches, sliced	Pinch cinnamon
$\frac{1}{4}$ cup granulated sugar	$\frac{1}{4}$ cup butter
	$\frac{1}{2}$ cup flour
	$\frac{3}{4}$ cup brown sugar

Peel peaches and slice into buttered baking dish. Sprinkle with little lemon juice, then with mixture of granulated sugar and cinnamon.

Combine butter, flour and brown sugar and spread mixture over top of fruit. Bake in moderate oven (350° F.) for 25 to 30 minutes, or until fruit is soft and top is golden brown.

### PEACH ICE CREAM

2 eggs, separated	$\frac{1}{4}$ tsp. almond flavoring
$\frac{3}{4}$ cup granulated sugar	1 cup mashed fresh peaches
$\frac{1}{4}$ tsp. salt	1 cup heavy cream
1 cup milk	$\frac{1}{4}$ cup granulated sugar

Combine slightly-beaten egg yolks, the  $\frac{3}{4}$  cup sugar and salt, beat well. Add milk, flavoring, peaches and cream, blending well. Turn into refrigerator tray, freeze until firm.

Beat egg whites, gradually add remaining sugar, beating until stiff. Break up frozen mixture with fork, turn into chilled bowl. Beat quickly until mushy, but not melted. Fold in meringue. Return to refrigerator tray, freeze until firm.

### BAKED PEARS, GINGER SAUCE

6 large pears	3 tablespoons ginger syrup
$\frac{1}{3}$ cup sugar	
3 tablespoons preserved ginger	3 tablespoons water

Pare and core pears and cut into halves. Place them in a baking dish and fill center of each with sugar and finely cut preserved ginger. Combine ginger syrup and water; add to pears and bake, covered, in moderate oven about 20 minutes, or until pears are tender. If necessary, add a little more water. Serves 6.

### PEARADISE PIE

1 quart pears	1 tablespoon cornstarch
$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ cup cream
1 tablespoon butter	Cinnamon
1 tbsp. lemon juice	Nutmeg
1 tbsp. orange juice	Pastry for 2-crust pie

Combine sugar, cornstarch, and pinch each of cinnamon and nutmeg. Stir in cream. Add orange and lemon juice. Combine well.

Line 8-inch pie pan with pastry, fill with sliced pears. Pour over cream mixture. Dot with butter. Top with lattice or top crust, sealing edges well. Bake in 425° F. oven for 35 to 40 minutes. Cool. Serve with whipped cream.

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*Start the day right—fresh fruits on your morning cereal*



## PEAR CRISP

4 to 6 pears	$\frac{1}{4}$ cup butter or shortening
$\frac{1}{2}$ cup water	
1 tbsp. lemon juice	$\frac{1}{2}$ cup brown sugar
Grated rind of 1 lemon	$\frac{1}{4}$ cup flour
	$\frac{1}{4}$ tsp. cinnamon

Peel and core the pears and slice into a baking dish. Add water, lemon juice and rind. Work the butter, sugar, flour and cinnamon into a fine crumb. Sprinkle over the pears. Bake uncovered at 375° F. for 35 to 40 minutes. Serve warm or chilled with cream. Makes 4 to 6 servings.

## PEAR PARFAIT PIE

1 pkg. lime gelatin	$1\frac{1}{2}$ cups diced ripe pears
$1\frac{1}{4}$ cups hot water	
1 tbsp. lemon juice	$\frac{1}{4}$ cup toasted almonds
1 pt. vanilla ice cream	

Dissolve gelatin in hot water. Add ice cream, cut in pieces, stir until melted. Add lemon juice. Stir until thickened, but not set. Fold in diced pears and almonds. Spread in baked pie shell, chill until firm.

## PEARS A LA MODE

4 ripe Bartlett pears	$\frac{1}{4}$ cup water
$\frac{1}{2}$ cup granulated sugar	$1\frac{1}{2}$ teaspoons grated orange rind
$\frac{1}{4}$ cup orange juice	Vanilla ice cream

Pare, halve and core pears. Heat sugar, orange juice and water to boiling. Add pears, cover and simmer about 20 minutes, or until pears are tender. Remove pears, simmer syrup about 5 minutes longer. Chill. Serve pears and sauce as topper for ice cream.

## PLUM CAKE

$\frac{1}{2}$ cup butter or shortening	$\frac{1}{3}$ teaspoon salt
$\frac{1}{2}$ cup granulated sugar	1 teaspoon cinnamon
2 eggs	$\frac{1}{2}$ teaspoon flavoring
1 cup sifted cake flour	About 12 cooked plum halves, drained
1 tsp. baking powder	$\frac{1}{3}$ cup granulated sugar
	2 teaspoons cinnamon

Cream shortening, add sugar, beat until light and fluffy. Add eggs one at a time, beating well after each addition. Sift together flour, baking powder, salt and cinnamon. Add to creamed mixture, stirring until well blended. Add flavoring.

Spread in greased pan about 6 to 10 inches. Press plum halves lightly into batter. Sprinkle with mixture of sugar and cinnamon. Bake in hot oven 400° F. about 30 to 35 minutes or until done. Serve warm with plain or whipped cream.

## PLUM PUDDING

2 cups stewed plums	$1\frac{1}{2}$ teaspoons baking powder
$\frac{2}{3}$ cup sugar	
Dash salt	$\frac{1}{2}$ teaspoon salt
$\frac{1}{8}$ teaspoon cinnamon	$\frac{1}{2}$ cup sugar
$1\frac{1}{4}$ cups sifted all-purpose flour	$\frac{1}{2}$ cup milk
	2 tbsps. melted butter
	$\frac{1}{4}$ tsp. almond flavoring

Drain plums, save juice. Cut from pits in coarse pieces. Add enough water to juice to make 2 cups. Place in saucepan with sugar, salt and cinnamon, let simmer while making pudding.

Sift flour, baking powder, salt and sugar. Add milk, melted butter and flavoring, stir just until smooth. Spread in greased pan. Scatter plum pieces over top. Pour on hot plum sauce. Bake in 375° F. oven for 40 to 45 minutes.

## DEEP PLUM PIE

4 cups halved, pitted fresh plums or prunes	3 tbsps. flour
	$\frac{1}{8}$ tsp. salt
$1\frac{1}{4}$ cups granulated sugar	$\frac{1}{4}$ tsp. almond flavoring
	2 tbsps. butter
	Pastry

Arrange plums in 10 X 6-inch baking dish. Combine sugar, flour, salt and flavoring, sprinkle over plums, dot with butter. Cover with top crust, making gashes for escape of steam and sealing edges well. Brush with cream or top milk, sprinkle with sugar.

Bake in hot oven 425° F. about 35 to 40 minutes.

## UPSIDE DOWN CAKE

About 20 apricot or fresh prune halves or  $1\frac{1}{2}$  cups sliced fresh peaches.

$\frac{1}{4}$ cup butter	$\frac{3}{4}$ cup granulated sugar
$\frac{1}{2}$ cup light brown sugar	$\frac{1}{4}$ cup soft butter or shortening
$1\frac{1}{3}$ cups sifted cake flour	1 egg, unbeaten
2 tps. baking powder	$\frac{1}{2}$ cup milk
$\frac{1}{4}$ tsp. salt	1 tsp. vanilla

Melt butter in 8-inch square pan, add brown sugar, blend well. Remove from heat. Arrange fruit on sugar mixture, and if desired, decorate with maraschino cherries or pecan or walnut halves.

Sift together flour, baking powder, salt and granulated sugar. Cream shortening, add dry ingredients, egg, milk and vanilla, stir until flour is dampened, then beat vigorously 1 minute.

Pour batter over fruit in pan. Bake in moderate oven 350° F. about 50 minutes. Cool in pan 5 minutes, invert on serving plate and let stand 1 minute before removing pan. Serve slightly warm with whipped cream or ice cream.

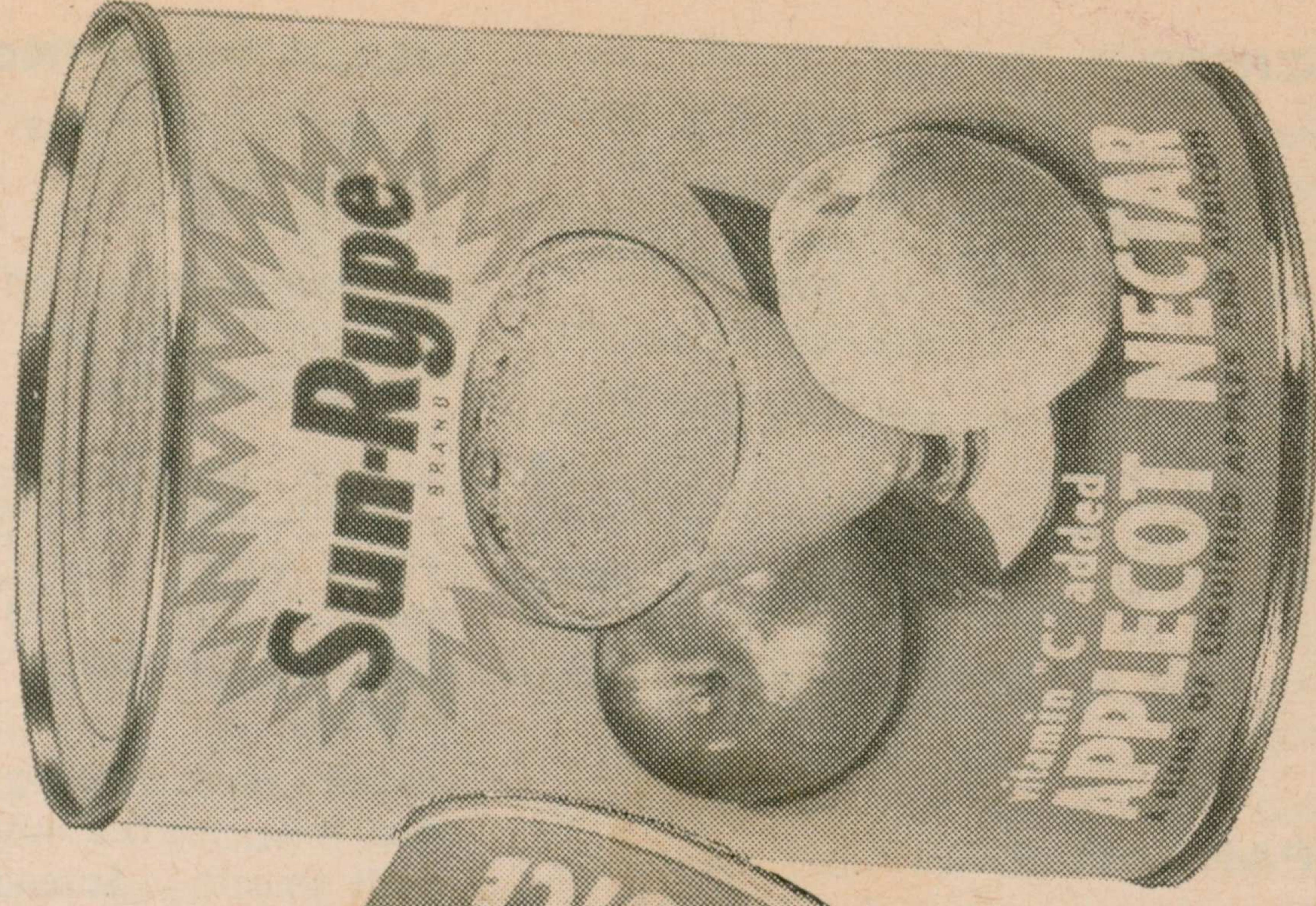
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*Refresh with ice cold Sun-Rype Apple Juice . . . anytime*



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